

School Health & Wellbeing Service e-bulletin



Health & Wellbeing in Schools

September 2024

A new academic year begins!

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Welcome back to the new academic year! It went by in the blink of an eye, but hopefully you all managed to get some quality time with family and friends over the summer holidays and are now feeling refreshed and ready to have another crack at it all this term!

This is the first edition of the S4S School Health & Wellbeing Service e-bulletin for the new school year 24/25. For any new readers, these bulletins are published every half term and aim to give schools an overview on current key issues around Personal, Social, Health and Economic education (PSHE) and related topics linking to wider health and wellbeing and personal development. Each new edition goes out at the beginning of each half-term and gives colleagues a quick reference point to some of the more important and recent information across PSHE and important signposting to anything we think will help you practically in school.

The S4S School Health & Wellbeing Service are always here to support professionals and schools, whether that's via one of our online or face-to-face training sessions, advice or a service package to deliver bespoke support around PSHE education to your school. If as a PSHE/RSHE subject lead, practitioner or senior leader you need any specialist help or extra capacity this academic year, then please get in touch with us. If you are new in post as a lead, please drop us an email to russell@schoolhwb.co.uk with your name, role and school so that we can add you to our mailing list and make sure that you don't miss out on the good stuff!

Please note, the stories in this bulletin are sourced from a range of services including the Anti-Bullying Alliance, Brook other reputable organisations who focus on working to support the health and wellbeing of children across topics within the broad spectrum of PSHE. Links to external websites and organisations are provided but these do not necessarily reflect the views and opinions of the S4S School Health & Wellbeing Service.

We hope you enjoy the read and if you have any feedback or want to get in touch about any of the information included, please do so – we love a PSHE chat! Previous issues of our service bulletins can be accessed via our service page [here](#).

Please share our bulletins with your colleagues in school or within your own wider networks or cluster groups – the more the merrier!

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S4S School Health & Wellbeing Service

The S4S School Health & Wellbeing Service is provided as a partnership between Services 4 Schools (S4S) and the specialist service provider Health & Wellbeing in Schools Ltd. We offer a broad range of high-quality, specialist support around the health and wellbeing practice of schools, particularly in relation to Personal, Social, Health & Economic (PSHE) education.



Our service is designed to empower and support your school's delivery of best practice in PSHE education and whole-school approaches to promoting pupil health and wellbeing, including around high-priorities such as statutory RSHE and Personal Development.

Some of the benefits of using the S4S School Health & Wellbeing Service include:

- Specialist support from a dedicated advisor to your school
- High-quality advice, guidance and consultancy support to SLT, governing bodies, subject leads and teachers around PSHE themes
- Reliable advice on effective PSHE planning, delivery, and subject leadership, including guidance on appropriate curriculum materials and resources
- Ensure best practice on statutory and non-statutory policies within PSHE-related themes
- High-quality training opportunities to improve staff knowledge and confidence in delivery
- Support around statutory priorities, such as Relationships, Sex and Health Education (RSHE)

As a service, we are passionate about supporting schools, professionals and young people. Fundamentally, we know that a whole-school approach to improving the personal development, health and wellbeing of your school community will have a positive impact on wider school improvement and outcomes for children and young people. We can offer you the additional capacity and specialist support to help you achieve this!

All elements of our service can be accessed either as ad-hoc purchases or by buying into one of our support packages which offer a cost-effective, high-quality and individualised focus for schools. If you'd like a chat about any of the help and support that we can offer around PSHE, including any bespoke needs you might have, then please contact us via info@services4schools.org.uk or call **0333 772 1272, option 2**.

You can visit the [Health & Wellbeing in Schools website here](#) and you can also [visit our section of the S4S website here](#) for more details about what we do and to grab [a copy of the current service brochure](#).

Schools that are interested in purchasing support from our service can access a FREE 30-minute consultation session to discuss plans and your school requirements. So please get in touch!

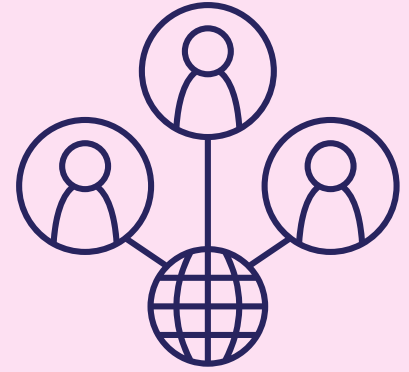
**Click here to request a free 30
minute consultation**



AUTUMN TERM PSHE NETWORK MEETING

We kick off our programme of online training and events for the new school year later this month. The programme for autumn term also includes one of our FREE PSHE Network Meetings taking place on Thursday 17 October from 3:45 – 5 pm.

These PSHE Network Meetings are for Personal, Social, Health and Economic (PSHE) education subject-leads and other staff who are responsible for delivering PSHE/RSHE. The sessions are welcoming, informal, and allow space for colleagues to discuss topical issues and share best practice as well as acting as a forum for updates from across the field of PSHE education.



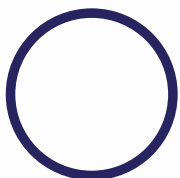
There will be an opportunity to find out what support is available to schools from our service and also hear from guest speakers, as well as a little time for questions at the end of the session around any issues, topics or queries that attendees might have.

The PSHE Network Meetings are open to both primary and secondary phase school staff – and best of all, they are free! Places go quickly on a first come, first served basis so please sign up for your place as soon as possible. All we ask is that you can definitely attend and that if anything changes, you let us know if you can't make it! Please feel free to spread the word about this session, we welcome colleagues from all schools and phases.

To go straight to the booking page and reserve your space for this session, or find out more, then click the link below:

[Book onto the S4S School Health & Wellbeing Service's FREE PSHE Network Meeting, 17/10/24 at 3.45 pm](#)

If you want to ask a particular question, you can drop these across to us in advance of the session. Please email russell@schoolhwb.co.uk with the subject title 'network meeting question' and we'll try our best to fit it in!





Personal, Social, Health, and Economic education updates



Our regular look at some recent stories and news from across the PSHE education sector to get you thinking and help you out in school...

BROOK'S BIG RSE LESSON: ARE YOU FEELING IT?

In celebration of Sexual Health Week 2024 (9th – 15th September), which has the theme 'Are You Feeling It?', Brook is once again running their Big RSE Lesson during the week.

The free 60-minute live broadcast is aimed at students in year 9 and above and will be broadcast at 10 am on Wednesday 11th September. The lesson will empower young people to take care of their mental health and, in turn, support healthy decision-making when it comes to their sexual health and wellbeing. Focusing on a life-course approach to wellbeing, the lesson aims to explore the importance of young people's mental health in supporting them to make healthy choices as they mature and develop more intimate relationships.

The aims of the session are:

- Define mental health and sexual health and how they contribute to overall wellbeing.
- Evaluate whether certain things are likely to have a positive or negative impact on our mental health.
- Understand the role of mental health in maintaining healthy relationships and good sexual health.
- Feel empowered to make healthy choices when it comes to sex and relationships.
- Understand how to look after mental and sexual health, including accessing services.
- Know where to get help and support with mental and sexual health.

To find out more and register, [visit Brook's website here](#).

ANTI-BULLYING WEEK 2024: CHOOSE RESPECT

There are only nine weeks to go until Anti-Bullying Week 2024 takes place! Organised by the Anti-Bullying Alliance (ABA), the event this year will take place from Monday 11th - Friday 15th November. The theme this year is 'Choose Respect'.

As usual, there are tons of free resources available for schools including assemblies, parent packs, and primary and secondary school packs full of teaching materials and activities. Whether you use them during AB week or at another time in the year, we would strongly advise you to register and get your hands on these!!

To find out more about how you can get involved and make Anti-Bullying Week a big hit in your setting, please go to the [ABA Anti-Bullying Week 2024 webpage here](#).



KIDSCAPE LAUNCH NEW WEBSITE



Sticking with the anti-bullying message, the UK charity Kidscape has recently revamped and launched their new website. As a well-established and renowned organisation in the field of anti-bullying, we think that it's worth taking a new look at the variety of materials, help and support that Kidscape offer to schools, children and parents around this important topic.

[To explore the new Kidscape website, click here.](#)

NEW RESOURCES TO HELP TACKLE SEXISM IN PRIMARY SCHOOLS

A new suite of resources for primary school staff and governors to combat sexism has just been launched by UK Feminista, an organisation that works to end sexism in schools, including sexual harassment, sexist language and gender stereotyping.



The resources include classroom activities for all primary year groups and guidance for staff and governors to support primary schools to tackle sexism. The greatest news is that these are all free to access and download.

These new materials seem well worth a look and have some really helpful and meaningful activities to help ensure that sexism is addressed sensitively, effectively and appropriately from the earliest ages in EYFS. Especially as it is the start of the new academic year, we'd encourage schools to review these and include them within your PSHE planning and provision for the year ahead.

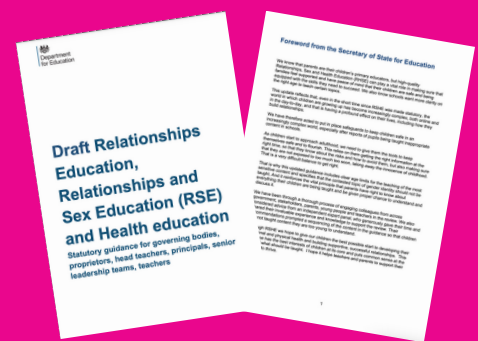


To access these materials, [visit the UK Feminista resources hub, teacher section here.](#)

AND FINALLY...STATUTORY RSHE GUIDANCE – A QUICK REMINDER!

So, after all the fuss and bluster, the consultation period for the updated draft statutory RSHE guidance came to an end in July. As it stands right now, the new Government has not given any real indication of its intentions on the proposed changes within the draft document itself, or how it intends to use any of the feedback gained from the public consultation.

So, in a nutshell it is very much as you were! We know the draft guidance has caused some conjecture and confusion in schools, so it's important to highlight a few key things to remember around school's provision of statutory RHE at primary phase and statutory RSHE at secondary for the coming year:



- Do NOT change your practice or planned delivery based on the draft guidance that was published in May 2024.This has categorically NOT replaced the current guidance first published in 2019 that came into legal force in 2020.

- Schools should continue to follow the current RSHE statutory guidance document! Read it to refresh your understanding. [Find it here if needed.](#)

- Make sure that your statutory RSE policy (and any other related/named policies if you have them such as RSHE, PSHE etc) are up to date and in line with the current RSHE guidance requirements.While there is no specific time limit given, it is good practice to ensure that your RSE policy is updated annually, minimum every two years at a push.

- Review your provision; make sure you are covering the statutory requirements for your phase, but also have updated your curriculum and resources to focus on those issues more specifically needed in your setting.

- Talk to parents! Make sure you're utilising your school website effectively and include details of your PSHE/RSHE provision, communicate clearly on what you are or aren't delivering, especially around RSE topics. Ensure your RSE policy is easily accessible and you are signposting who parents/carers can talk to if they have questions. If you can organise some kind of regular engagement event to talk about your offer and the rationale behind it, this would be awesome!

- Support teachers to deliver quality sessions. When was the last time you offered training around effective RSHE delivery and topics?Is your subject leader able to direct, plan, monitor and evaluate the subject effectively?

- Make very clear links to safeguarding and other statutory duties that link to statutory RSHE and ensure that your students are taught how to keep themselves and others safe, in line with the latest KCSiE guidance.

Shameless plug alert! As well as direct school support, we have many training sessions running this term that will help you do all of these and more. Please take a look at the section below and book onto them or get in touch for a quick chat if you need to a bit of help in figuring out what it is that you need!



Training and Development opportunities



Our popular professional development training sessions run throughout the academic year, with courses offered across a range of themes related to PSHE education. These training sessions are open to all, regardless of whether your school is signed up to a service support package with us or not. **Course places start from just £59 or come at no additional charge for school's that buy into one of our service level agreements.** Please try and get along to one of our sessions if you need some decent CPD!

For certain courses, we also offer delegates an additional bespoke one-to-one follow up session with a specialist PSHE advisor. As well as attendance at the training session, delegates who book this option (£99) will be able to access an individual one hour online follow up meeting to help discuss any specific issues for their school around the themes in the training session – ideal for those schools who need that extra bit of help or reassurance that they are putting the right things in place.



We also offer Inset or 'twilight' training opportunities to enable schools to effectively deliver key learning points to wider groups of staff, either virtually or face-to-face in your school. We can develop bespoke sessions on PSHE-related themes if schools have additional or combined topics they would like to address.

Training and Development opportunities



A variety of introductory Governor-specific training sessions are also available, aimed at raising awareness around health and wellbeing themes, such as RSE, Health Education, Anti-Bullying, School Food, Substances and Mental Health and Emotional Wellbeing. These can be delivered both virtually and in school and at different times of the day to make them as accessible as possible to Governors.

SPECIAL OFFER FOR THE NEW SCHOOL YEAR!

To welcome you all back to the new school year, we are currently offering places on our first two 'bitesize' training sessions at a marked-down price! Both of our bitesize training sessions running in October are now priced at just £34 per delegates (usual price £59) for tickets that are bought for either of these sessions by the end of September. So be quick and book on.



Please get in touch with the S4S School Health & Wellbeing Service if you would like to find out more about any of the training support that we offer.

Service Training Calendar: September 2024 - December 2024

As part of our regular programme of online training available to all school staff, we will be running the following courses over the next few months. Click the title of each course in the table below to go straight to the information and booking page for each session.

TRAINING SESSION	DATE/TIME
<u>Planning & Developing an Effective PSHE (RSHE) Curriculum for Primary Schools</u>	Thursday 19th September 1 pm – 3:15pm
<u>What You Need to Know about OFSTED & PSHE!</u>	Friday 27th September 1 pm - 3:15 pm
<u>REDUCED PRICE! Bitesize CPD: Top Tips for Engaging with Parents/Carers on RSHE!</u>	Wednesday 2nd October 3:45 pm - 5 pm
<u>NEW! Teaching RSHE in Secondary Settings</u>	Thursday 10th October 1 pm – 3 pm
<u>REDUCED PRICE! Bitesize CPD: Effective Delivery of Sensitive Topics within PSHE (primary phase)</u>	Friday 11th October 1:30 pm – 2:45 pm
<u>FREE PSHE Network Meeting</u>	Thursday 17th October 3:45 pm - 5 pm
<u>NEW! Tackling Harmful Sexual Behaviours in Schools</u>	Tuesday 22nd October 1 pm – 3 pm
<u>Inclusive teaching around LGBTQ+ relationships (secondary phase)</u>	Wednesday 13th November 1 pm – 3 pm
<u>NEW! Bitesize CPD: Effective Assessment in Secondary PSHE!</u>	Wednesday 20th November 3:45 – 5 pm
<u>Teaching & Discussing the Protected Characteristics</u>	Thursday 21st November 1 pm – 3 pm
<u>Effective Assessment in Primary PSHE!</u>	Tuesday 26th November 1 pm - 3:15 pm
<u>What You Need to Know about OFSTED & PSHE!</u>	Monday 2nd December 1 pm - 3:15 pm
<u>NEW! Bitesize CPD: Using Drama Techniques in PSHE (primary phase)</u>	Thursday 5th December 1:30 pm – 3 pm

Click the title of each course in the table above to go straight to the information and booking page for each session. Please note, courses will run subject to sufficient delegate numbers. Look out for joining instructions issued at least 48 hours prior to each session!

We regularly add further sessions to our programme, so please look out for more courses as they land. If there are any specific topics you'd like some CPD on, then please get in touch and let us know – we can always create new content!

Contact details

Don't be a stranger - we would love to hear from you!

Contact us by email via:



info@services4schools.org.uk

or

russell@schoolhwb.co.uk



**Health & Wellbeing
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PSHE Education Consultancy

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